

True human goodness, in all its purity and freedom, can come to fore only when its recipient has no power. Humanity's true moral test, its fundamental test, consists of its attitude towards those who are at its mercy: animals. And in this respect humankind has suffered a fundamental debacle, a debacle so fundamental that all others stem from it.

Milan Kundera
THE UNBEARABLE LIGHTNESS OF BEING, 1984

It is easy for us to criticize the prejudices of our grandfathers, from which our fathers freed themselves. It is more difficult to distance ourselves from our own views, so that we can dispassionately search for prejudices among the beliefs and values we hold.

Peter Singer
PRACTICAL ETHICS, 1993



"It is all very well to say that individuals must wrestle with their consciences – but only if their consciences are awake and informed. Industrial society, alas, hides animals' suffering. Few people would themselves keep a hen in a shoebox for her egg-laying life; but practically everyone will eat smartly packaged, 'farm fresh' eggs from battery hens...milk drinkers do not see the calves torn from their mothers." (THE ECONOMIST, 8/19/95)

Peter Cheeke, Professor of Animal Agriculture, asks, "Do we, as humans, having an ability to reason and to communicate abstract ideas verbally and in writing, and to form ethical and moral judgments using the accumulated knowledge of the ages, have the right to take the lives of other sentient organisms, particularly when we are not forced to do so by hunger or dietary need, but rather do so for the somewhat frivolous reason that we like the taste of meat? In essence, should we know better?" (CONTEMPORARY ISSUES IN ANIMAL AGRICULTURE, 1999)

Many of the photographs in this booklet were provided courtesy of Farm Sanctuary, People for the Ethical Treatment of Animals, and Green Acres Sanctuary.

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Why VEGAN?

A 1997 Roper Poll estimated the number of vegans in the U.S. to be between one-half and two million.

This brochure explains why people choose to follow a vegan lifestyle – striving to live without contributing to animal suffering.



When confronted with a bellowing cow, meat industry consultant and Professor of Animal Sciences, Dr. Temple Grandin noted, "That's one sad, unhappy, upset cow. She wants her baby. Bellowing for it, hunting for it. It's like grieving, mourning – not much written about it. People don't like to allow them thoughts or feelings."

AN ANTHROPOLOGIST ON MARS, 1995

U.S. society is extremely naive about the nature of agricultural production. Contrary to the beliefs of some elements of the agricultural community, however, it will not help to "educate" the public. In fact, if the public knew more about the way in which agricultural and animal production infringes on animal welfare, the outcry would be louder.

Bernard Rollin, PhD
FARM ANIMAL WELFARE,
Iowa State University Press, 1995

The decision that has led millions of people to stop eating other animals is not rooted in arid adherence to diet or dogma, but in the desire to eliminate the kinds of experiences that using animals for food confers upon beings with feelings.

Karen Davis, PhD
PRISONED CHICKENS,
POISONED EGGS; 1996

Vegan
—OUTREACH—

THE TRANSFORMATION OF ANIMALS INTO FOOD

Competition to produce inexpensive meat, eggs, and dairy products has inevitably led animal agribusiness to treat animals as commodities rather than living, feeling beings. Animal cruelty laws in the U.S. normally exempt "standard agricultural practices." Those standard practices have resulted in tremendous suffering, a portion of which is documented here.

This [video footage from the movie Babe] is the way Americans want to think of pigs. Real-life "Babes" see no sun in their limited lives, with no hay to lie on, no mud to roll in. The sows live in tiny cages, so narrow they can't even turn around. They live over metal grates, and their waste is pushed through slats beneath them and flushed into huge pits.

Morley Safer

Pork Power, 60 MINUTES, 9/19/97

Forget the pig is an animal. Treat him just like a machine in a factory.

John Byrnes

HOG FARM MANAGEMENT, 9/76

Anti-Corporate Hog Farming is Anti-Progress
title of an article in *FEEDSTUFFS*, 5/15/95

Many breeding sows spend their whole adult lives in gestation and farrowing stalls where they cannot turn around.

Institutionalized Cruelty: Factory Farming

A COMMON NOTION IS THAT DEAD ANIMALS are of no use to agribusiness; therefore, farmed animals must be treated well. This notion is mistaken.

The worldwide trend in animal agriculture is to replace family farms, such as those seen from country roads, with corporate farms rarely seen by the public.

These factory farms are large warehouses where animals are kept in crowded pens or tiny, individual stalls. Large numbers of beef cattle, dairy cows, pigs, chickens, and turkeys are raised under such conditions. (Animal agriculture textbook *SCIENTIFIC FARM ANIMAL PRODUCTION* (SEAP), 1998)

One need only glance through farm industry magazines to see that these 'intensive rearing' systems are promoted as necessary for the production of low-cost animal products.

Putting animals in small spaces causes some to die, but as a group, the net production is higher. *NATIONAL HOG FARMER* suggests that "Crowding pigs pays" in an article recommending space be reduced from 8 to 6 square feet per pig (11/15/93).

Bernard Rollin, PhD, explains that it is "more economically efficient to put a greater number of birds into each cage, accepting lower productivity per bird but greater productivity per cage...individual animals may 'produce,' for example gain weight, in part because they are immobile, yet suffer because of the inability to move...Chickens are cheap, cages are expensive." (Rollin, B., *FARM ANIMAL WELFARE*, Iowa State U Press, 1995)

Vegan —OUTREACH—

Veganism is the way to avoid complicity in the inherent cruelties of animal agriculture. Each of us can use our everyday choices to work for a better world.

Some people misinterpret empathy for animals as a weakness. Standing up against cruelty is actually an act of strength – especially when most people merely follow the crowd.

We are the lucky ones – we are not standing day after day in a tiny space, breathing the stench of our own waste, waiting only to be slaughtered. Our actions can make a powerful public statement against the current treatment of animals.

Vegan Outreach can provide you with copies of *WHY VEGAN* to distribute in your area, as well as our *VEGAN STARTER PACK* (which includes the ADA's 1997 position paper on vegetarian diets, recipes, essays, questions & answers, information about other organizations, etc.). Printing of *WHY VEGAN* is paid for with donations, which are tax-deductible.

Also available from Vegan Outreach
(prices include shipping & handling):

- *VEGAN: THE NEW ETHICS OF EATING*
an in-depth book about veganism, \$15
- *A COW AT MY TABLE*
VHS documentary, \$19
- *HUMANE SLAUGHTER?/*
PeTA Pig Farm Investigation
VHS, \$16

Informative websites:

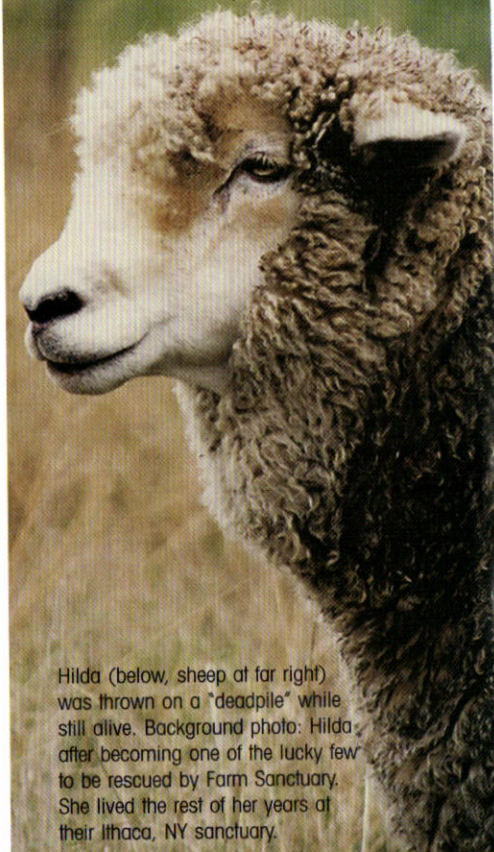
- www.veganoutreach.org
- www.vegetariancentral.org
- www.vrg.org
- <http://arrs.envirolink.org>

Call Veganet for specifics
about your area:
888.GO.VEGAN

The human commitment to harmony, justice, peace, and love is ironic as long as we continue to support the suffering and shame of the slaughterhouse and its satellite operations.

Karen Davis, PhD

PRISONED CHICKENS, POISONED EGGS; 1996



Hilda (below, sheep at far right) was thrown on a "deadpile" while still alive. Background photo: Hilda, after becoming one of the lucky few to be rescued by Farm Sanctuary. She lived the rest of her years at their Ithaca, NY sanctuary.



The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.

Alice Walker

author of *THE COLOR PURPLE*

foreword to *THE DREADED COMPARISON: HUMAN & ANIMAL SLAVERY, 1988*



Crated veal calves live in their own excrement.

SPECIESISM

Speciesism is the belief that members of the human species are the only individuals worthy of ethical concern.

"Historically, man has expanded the reach of his ethical calculations, as ignorance and want have receded, first beyond family and tribe, later beyond religion, race, and nation. To bring other species more fully into the range of these decisions may seem unthinkable to moderate opinion now. One day, decades or centuries hence, it may seem no more than 'civilized' behavior requires." (*THE ECONOMIST*, 8/19/95)

Princeton University philosopher Peter Singer says, "All the arguments to prove human superiority cannot shatter this hard fact: in suffering, the animals are our equals." For any individual who can suffer, the degree of suffering, not the species of the sufferer, is what should count. (For more discussion, see Peter Singer's book, *ANIMAL LIBERATION*, available \$12)

Inside the slaughterhouse, this pig has collapsed in his own vomit.



In his textbook, *CONTEMPORARY ISSUES IN ANIMAL AGRICULTURE*, Oregon State University Professor of Animal Agriculture Peter Cheeke states, "Most people who eat meat don't think too deeply about all the processes involved in converting a living animal to meat on their plate. The farther one is removed from agriculture, the easier it is not to think about this issue. One of the best things modern animal agriculture has going for it is that most people in the developed countries are several generations removed from the farm, and haven't a clue how animals are raised and 'processed.' In my opinion, if most urban meat-eaters were to visit an industrial broiler house, to see how the birds are raised, and could see the birds being 'harvested' and then being 'processed' in a poultry processing plant, they would not be impressed and some, perhaps many of them would swear off eating chicken and perhaps all meat. For modern animal agriculture, the less the consumer knows about what's happening before the meat hits the plate, the better. If true, is this an ethical situation? Should we [animal agriculture] be reluctant to let people know what really goes on, because we're not really proud of it and concerned that it might turn them to vegetarianism?" (Cheeke, 1999)

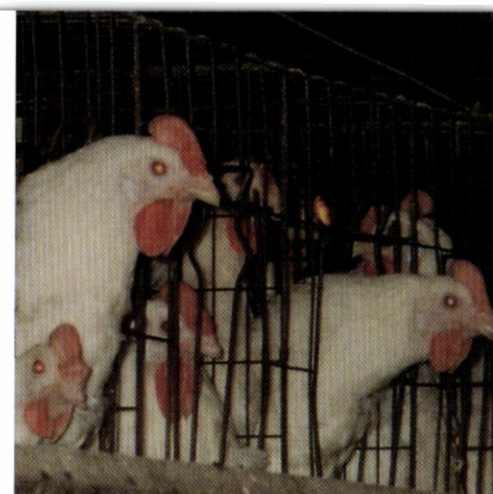
Birds

In the U.S., farmed birds are raised entirely under factory-farmed conditions. (Cheeke, 1999)

Under these crowded, stressful conditions, chickens peck each other. To combat this, workers cut off up to two-thirds of their beaks without anesthesia (shown at right). Cutting these delicate tissues with a hot knife causes severe pain for weeks (*BR POULTRY SCI*, 1989:30:479). Some birds cannot eat after debeaking and starve (Rollin, 1995).



In poorly ventilated buildings, manure fumes exacerbate respiratory infections and cause "ammonia burn" (keratoconjunctivitis) in some chickens' eyes. (*DISEASES OF POULTRY*, 1997)



A 1998 undercover investigation of a pig factory farm found workers viciously beating an injured sow with a club, attempting to kill her by repeatedly dropping a cinder block on her head, and then skinning her alive.

(video available; see page 15)

With increased knowledge of the behaviour and cognitive abilities of the chicken, has come the realization that the chicken is not an inferior species to be treated merely as a food source.

Dr. Lesley J. Rogers

Professor of Physiology
THE DEVELOPMENT OF BRAIN AND BEHAVIOUR IN THE CHICKEN, 1995

According to experts, broilers [chickens raised for meat] now grow so rapidly that the heart and lungs are not developed well enough to support the remainder of the body, resulting in congestive heart failure and tremendous death losses.

David Martin

FEEDSTUFFS, 5/26/97

Background photo: Ducks and geese are forced to produce *pâté de foie gras* (fattened liver).



Egg-laying hens live their lives in tiny cages among piles of feces. The hen on the right has had her eye poked out.



Background photo: Cow with mastitis. (Photo by Michael Fox, DVM)

A downed cow is left to die at an Oklahoma stockyard as her calf and other cows watch.



Egg-Laying Hens

Egg-laying hens are housed in battery cages. A number of hens live in a cage with a wire floor area of 1.7 square feet. (SFAP, 1998)

For every egg eaten, a hen must spend approximately 34 hours in a battery cage. These conditions lead to lameness, bone brittleness, osteoporosis, and muscle weakness (Rollin, 1995).

In 1888, the average hen laid 100 eggs a year; as of 1993, it was 254. (SFAP, 1998)

At the end of their laying cycle, U.S. hens are either slaughtered or "force-molted." This involves removing food and water for several days in order to shock their bodies into another egg-laying cycle. (Cheeke, 1999)

Egg-laying hatcheries don't have any use for male chicks; they are killed by suffocation in plastic bags, decapitation, gassing, or crushing. (Rollin, 1995)

Bessie's Real Life

People commonly believe they do not hurt cows by drinking their milk. The truth is that it is unprofitable to keep cows alive once their milk production declines. Thus, dairy consumption leads directly to the slaughter of cows.

USDA statistics show that in 1940, cows averaged 2.3 tons of milk per year. Despite large milk surpluses, Bovine Growth Hormone (BGH) was approved in 1993 to further increase milk outputs. The 1996 average was 8.3 tons per cow. Some BGH treated cows have recently produced more than 30 tons of milk in a year (ASSOCIATED PRESS, 9/20/96).

High milk production leads to udder ligament damage, lameness, mastitis, and metabolic disorders, which often necessitate killing the cow. (Cheeke, 1999 & SFAP, 1998)

Dairy cows rarely get to nurse their young. The calves are normally taken from their mothers and fed low-quality milk or milk replacer for 6 to 8 weeks before being slaughtered. (SFAP, 1998)



Starting the day with a fortified bowl of cereal and non-dairy milk, sprinkled with walnuts and almonds, along with a glass of calcium-fortified orange juice, can go a long way towards meeting a vegan's daily nutrient requirements.

Simple meal ideas include:

Breakfast

- Oatmeal or other hot cereals
- Bagel/toast with jelly
- Cereal or granola with soy/rice milk
- Fruit smoothies
- Pancakes

Lunch/Dinner

- Peanut butter and jelly
- Grain/soy burgers
- Vegan lunchmeat sandwich
- Vegan hotdogs
- Soups or chili (over pasta)
- Baked/mashed potatoes or french fries
- Tofu or tempeh stir fry
- Pasta and tomato sauce
- Bean burrito
- Pizza without cheese
- Lasagna with tofu instead of cheese
- Baked tempeh or tofu sandwich

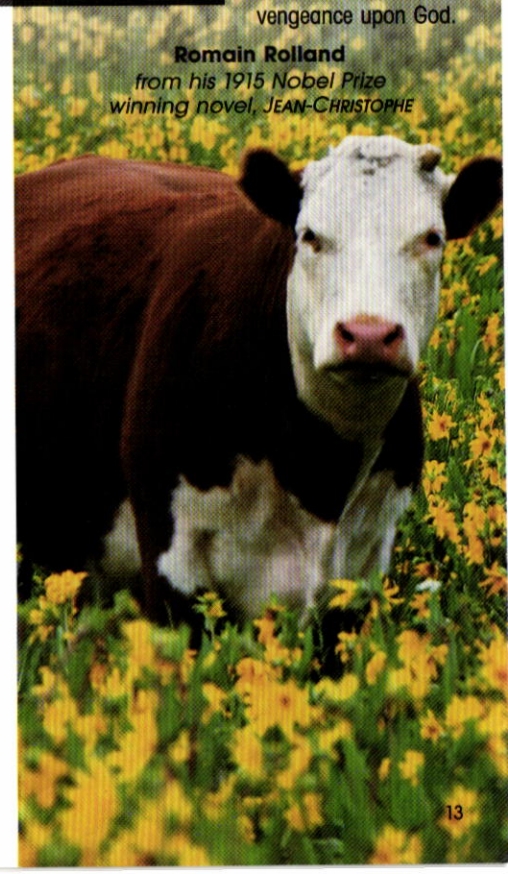
Snacks/Dessert

- Pretzels, popcorn
- Peanuts, almonds, walnuts
- Chips and salsa
- Bananas, apples, oranges
- Raisins, figs, dried apricots
- Sunflower seeds, pumpkin seeds
- Clif Bars®
- Pies, cookies, cakes

To one whose mind is free, there is something even more intolerable in the suffering of animals than in the sufferings of humans. For with the latter, it is at least admitted that suffering is evil and that the person who causes it is a criminal. But thousands of animals are uselessly butchered every day without a

shadow of remorse. If any person were to refer to it, they would be thought ridiculous. And that is the unpardonable crime. That alone is the justification of all that humans may suffer. It cries vengeance upon all the human race. If God exists and tolerates it, it cries vengeance upon God.

Romain Rolland
from his 1915 Nobel Prize
winning novel, *JEAN-CHRISTOPHE*





What Do Vegans Eat?

WHEN BECOMING VEGAN, it may take some time to find new foods and develop a routine. With experience and an understanding of the suffering that animal products represent, new habits become easy to follow.

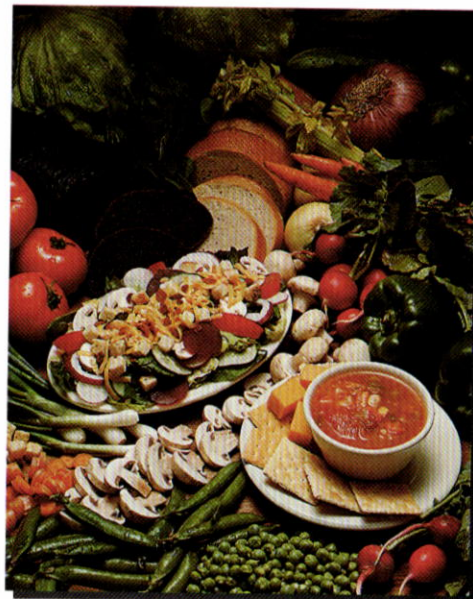
More vegan selections are becoming available in supermarkets as well as the following restaurants: Mexican, Indian, Thai, Chinese, Middle Eastern, Italian, Ethiopian, pizza places, Taco Bell, and Subway.

Natural food stores carry vegetarian cookbooks as well as vegan foods that replace meats and dairy products.

Baked goods requiring eggs can be made using Ener-G® Egg Replacer, corn starch (2 T per egg), or one banana per egg in cakes. Soy, rice, and nut milks can be used in recipes calling for milk.

Other dairy substitutes – including vegan cheeses, yogurts, and frozen desserts – can be purchased or prepared at home with recipes like those in *THE UNCHEESE COOKBOOK* (available, \$14).

"Traditional" recipes, and an excellent section on seitan ("wheat meat") and other meat substitutes, can be found in *VEGAN VITTLES* (\$14). Our *VEGAN STARTER PACK* includes cheese substitutes and other recipes (see page 15).



And God said, Behold, I have given you every herb-bearing seed which is upon the face of all the earth, and every tree in which is the fruit of a tree-yielding seed: to you it shall be for meat.

GENESIS 1:29

When I first started looking into vegetarianism and then veganism, I chose to explore a new type of cooking or a new type of food every week. Indian one week, recipes for this strange grain called "quinoa" the next. Thai, seitan, Middle Eastern, nutritional yeast. Soon, I had a menu that far exceeded my previous, omnivorous diet, in both diversity and taste.

Erik Marcus

VEGAN: THE NEW ETHICS OF EATING, 1998

We are the living graves of murdered beasts, slaughtered to satisfy our appetites. How can we hope in this world to attain the peace we say we are so anxious for?

George Bernard Shaw

LIVING GRAVES, published 1951



Downed calves in pen at a central California stockyard await transport to slaughter.

Transport

During transport, all farm animals lose at least 3% of their weight, most in the first hour, from urination and defecation as a result of stress. (SFAP, 1998) They must stand in their excrement and are exposed to extreme weather conditions in the open trucks, sometimes freezing to the truck (USDA, *SURVEY OF STUNNING & HANDLING*, 1/7/97).

The trauma inflicted by pushing animals to their physical limits can result in "downers" – animals too sick or weak to walk, even when beaten or shocked with electric prods. At stockyards, downers and other animals are dragged by chains, still alive, either to slaughter or to the "deadpile," where they are abandoned (see photo on page 15).



Above: Broiler chickens being unloaded.

Background photo: Piglets in tiered cages for transport.

Right: Caged turkeys on truck.

Like this bull I had last year – this bull was one of the biggest bulls I've ever seen. It was at the very front of the trailer. And the spirit it had, he was just trying his hardest to get off the trailer. He had been prodded to death by three or four drivers... but his back legs, his hips have given out. And so basically they just keep prodding it. So it's going on its back legs and clawing at the floor. Well it's a metal floor, there's straw there but there's just nothing for it to hold onto. So it took about 45 minutes to get it from the front nose of the trailer to the back ramp... Then from there it was chained with its front legs and it fell off the ramp, smashed onto the floor which I don't know how many feet that would be but quite a racket... I just said, "Why don't you shoot the damn thing. What's going on? What about this Code of Ethics?" This one guy said, "I never shoot. Why would I shoot a cow that can come off and there's still good meat there?" When I first started, I talked to another trucker about downers. He said, "You may as well not get upset. It's been going on for many years. It will go on for the rest of my life and your life. So just calm down about it. It happens. You'll get kind of bitter like I did. You just don't think about the animals. You just think that they aren't feeling or whatever."

interview with a Canadian livestock trucker from
A COW AT MY TABLE,
a 1998 documentary
on the meat industry
(video available; see page 15)



Slaughterhouses should be in restaurants and grocery stores. They should have a glass wall so people must see the animals and choose. Look into the animal's eyes and say, "OK, slit his throat."

Ingrid Newkirk
co-founder of PeTA

You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.

Ralph Waldo Emerson
Fate, THE CONDUCT OF LIFE, 1860

Animals are God's creatures, not human property, nor utilities, nor resources, nor commodities, but precious beings in God's sight.

Rev. Andrew Linzey
Oxford University
ANIMAL THEOLOGY, 1995

If Slaughterhouses Had Glass Walls...

IF THEY SURVIVE THEIR LIVING CONDITIONS, all egg-laying, dairy-producing, and wool-bearing animals, whether factory-farmed or free-range, are slaughtered.

Animals in slaughterhouses can smell, hear, and often see the slaughter of those before them. As the animals struggle from fright, the human workers, who are pressured to keep the lines moving quickly, often react with impatience towards the animals.

Common mammal slaughtering methods:

- **Captive bolt stunning** – A "pistol" is set against the animal's head and a metal rod is thrust into the brain. Shooting a struggling animal is difficult, and the rod often misses its mark. (*MEAT & POULTRY, 3/97*)
- **Electric stunning** – An electric stunner is used to produce a grand mal seizure, then the throat is cut and the animal bleeds to death. In a USDA survey, Temple Grandin, PhD, states, "Insufficient amperage can cause an animal to be paralyzed without losing sensibility." (USDA, *SURVEY OF STUNNING & HANDLING, 1/7/97*)

In a 1996 USDA survey (*MEAT & POULTRY, 3/97*), the stunning procedures in 36% of sheep and pig and 64% of cattle slaughterhouses surveyed were rated either "unacceptable" or a "serious problem."

Humane investigator Gail Eisnitz writes about widespread violations of the Humane Slaughter Act in her book, *SLAUGHTERHOUSE* (1997). A typical story: "It was a plant where squealing hogs were left straddling the restrainer and dangling live by one leg when workers left the stick pit for their half-hour lunch breaks; where stunners were shocking hogs three and four times."

For more information, Vegan Outreach carries:

- **THE VEGETARIAN WAY**, an in-depth discussion of the vegan diet, including pregnancy, children, teens, elderly, athletes, diabetics, meal-planning, recipes, and nutrient charts (\$25)
- **VEGAN STARTER PACK** (see page 15)

Vitamin D

Vitamin D is produced by sunshine on bare skin (without sunscreen). Light-skinned people need 15 to 20 minutes of sunshine on their hands, arms, and face, 2 to 3 times a week. People living in cloudy climates need somewhat more than this, and dark-skinned people need up to 6 times this amount of sun. Extra amounts are stored for over the winter. People who do not get this exposure can get vitamin D in fortified soy milk and other foods, and supplements (*J OF ADA, 1997*).

Vitamin B-12

B-12 is produced only by bacteria living in animals and the soil. RDA is 2 µg. Health professionals recommend that vegans eat B-12 fortified foods (such as fortified breakfast cereals) or take a B-12 supplement.

Fats

Higher fat foods like soy products, nuts, seeds, nut and seed butters, avocados, and small amounts of vegetable oils (especially canola and olive) should be part of a healthy vegan diet. These foods are especially important to help vegan children meet nutrient and calorie needs. (*DG, 1996*)

Vegans should be sure to include a daily source of linolenic acid (the omega-3 essential fatty acid). The biological requirement is about 1 g for a 2,000 calorie/day diet (*AM J CLIN NUTR, 1987;045:66*). It is in walnuts (1.9 g/oz), tofu and soybeans (.8–1.0 g/C), canola oil (1.6 g/T), and flax seeds (2.1 g/T; grind and add to other dishes, or use flaxseed oil).

Iodine

Vegans who do not regularly eat commercial baked goods or iodized salt, which are significant sources of iodine for most Americans, should consider including an iodine supplement in their diet.

Veganism has given me a higher level of awareness and spirituality.

Dexter Scott King
son of Rev. Martin Luther King, Jr.
VEGETARIAN TIMES, 10/95



A human being is a part of the whole, called by us the "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

Albert Einstein
letter dated 1950, quoted in H. Eves'
MATHEMATICAL CIRCLES ADIEU, 1977



Some high-protein plant foods:

	serving	prot (g)
tofu, firm	½ C	20
soybeans	½ C	15
texturized soy protein	½ C	11
veggie dog/burger	1	6-18
soymilk	1 C	5-10
lentils	½ C	9.0
peanut butter	2 T	8.0
chickpeas	½ C	7.5
sunflower seeds	2 T	5.0
brown rice	1 C	4.9
potato	1 med	4.5

Some high-calcium plant foods:

	serving	Ca (mg)
tofu, calcium-set	½ C	120-350
soymilk, fortified	1 C	200-300
figs, dried	5	258
orange juice, fortified	1 C	250
blackstrap molasses	1 T	187
collard greens*	½ C	178
sesame seeds	2 T	176
veg baked beans	1 C	128
navy beans	1 C	128
broccoli*	½ C	89
kidney beans	1 C	50
almonds	2 T	50

Some high-iron plant foods:

	serving	Fe (mg)
bran flakes	1 C	11
tofu*	½ C	6.6
chickpeas	½ C	3.4
pumpkin seeds	2 T	2.5
pinto beans	½ C	2.2
apricots, dried	¼ C	1.5
raisins	¼ C	1.1

*cooked

VEGAN NUTRITION

Like all diets, vegan diets must be appropriately planned in order to be nutritionally adequate. The following nutrients are those that people most often have questions about or that need some specific attention.

Protein

In *THE VEGETARIAN WAY* (1996), Virginia Messina, MPH, RD and Mark Messina, PhD, recommend that vegans eat 1 g of protein per day for every 2.2 lbs. of their ideal body weight. If a vegan consumes adequate calories and eats a variety of foods, it is very difficult not to get enough protein. This is true for vegan athletes as well.

Vegans do not need to combine foods at each meal to get "complete protein." (*J OF ADA*, 1997) All foods have different amounts of each of the essential amino acids, so a variety of protein sources should be consumed throughout the day. A satisfying meal for those who feel they are craving protein is one containing a legume (e.g., beans, tofu, peanuts) and a grain (e.g., rice, corn, whole wheat bread).

Calcium

Adequate Intakes (set by the National Academy of Sciences) are: 1200 mg (over age 50), 1000 mg (ages 19-50), 1300 mg (ages 9-18), 800 mg (ages 4-8), and 500 mg (ages 1-3). See chart (at left) for high calcium foods.

Iron

RDA is 10 mg for adult men and postmenopausal women, and 15 mg for premenopausal women. Vegetarians are no more likely to be iron-deficient than non-vegetarians. Iron from plants is generally not absorbed as well as iron from other sources, but vitamin C helps iron absorption (they must be eaten at the same meal), and vegans tend to have very high intakes of iron and vitamin C. (*DG*, 1996)

Zinc

RDA is 15 mg for adult men, 12 mg for adult women. Bran flakes and other cereals have 1-5.0 mg/C. Most legumes, corn, and peas have about 1.0 mg per ½ C. Cashews, peanuts, peanut butter, pumpkin seeds, and sunflower seeds all have about 1 mg per 2 T.

According to Steve Cockerham, a USDA inspector at Nebraska slaughterhouses, and former USDA veterinarian Lester Friedlander, some U.S. slaughterhouses routinely skin live cattle, immerse squealing pigs in scalding water, and abuse still-conscious animals in other ways to keep production lines moving quickly. The men stated that the federal law requiring slaughterhouses to kill animals humanely has been increasingly ignored as meat plants grow bigger. Cockerham said that he often saw plant workers cut the feet, ears, and udders off cattle that were conscious on the production line after stun guns failed to work properly. "They were still blinking and moving. It's a sickening thing to see," he said. (*REUTERS*, 4/2/98)

Common bird slaughtering methods:

■ **No stunning** - The law does not require that birds be unconscious before slaughter. Farm Sanctuary videotaped fully-conscious chickens having their throats cut and being stuffed into canisters to bleed. Some chickens escape and walk around while bleeding to death. (*HUMANE SLAUGHTER?* available page 15)

■ **Electric stunning** - Most slaughterhouses stun birds with electricity. There is considerable debate as to whether the electric stunning currently used for birds actually produces unconsciousness (Rollin, 1995). It is possible that the shock is an "intensely painful experience"; surveys of poultry processing plants show that with alarming frequency a proper stun is not achieved (*Humane Slaughter of Poultry: The Case Against the Use of Electrical Stunning Devices*, *J AG & ENV ETHICS*, 7/94).



These large slaughtering operations are primarily concerned with productivity and profit. They don't care about the effects on the animals. It's as if they're not even killing animals. They're "disassembling" them, processing raw materials in a manufacturing operation.

Dave Carney

1997 Chairman,
National Joint
Council of Food
Inspection Locals
as quoted in
SLAUGHTERHOUSE, 1997

A veteran USDA meat inspector from Texas describes what he has seen: "Cattle dragged and choked...Knocking 'em four, five, ten times. Every now and then

when they're stunned they come back to life, and they're up there agonizing. They're supposed to be stunned but sometimes they aren't and they'll go through the skinning process alive. I've worked in four large [slaughterhouses] and a bunch of small ones. They're all the same. If people were to see this, they'd probably feel really bad about it. But in a packing house everybody gets so used to it that it doesn't mean anything."

SLAUGHTERHOUSE, 1997

Can one regard a fellow creature as a property item, an investment, a piece of meat, an "it," without degenerating into cruelty towards that creature?

Karen Davis, PhD

PRISONED CHICKENS, POISONED EGGS; 1996

The question is not, Can they reason? nor, Can they talk? but, Can they suffer?

Jeremy Bentham
THE PRINCIPLES OF MORALS
& LEGISLATION, 1789



Photo by David Falconer

What about Fish?

ALL VERTEBRATES, INCLUDING FISH, feel pain. Many fish are long-lived, have complicated nervous systems, and are capable of learning complicated tasks. (NEW SCIENTIST, 4/25/92)

Guyton & Hall's *TEXTBOOK OF MEDICAL PHYSIOLOGY* states, "The lower regions of the brain [which all vertebrates have] appear to be important in the appreciation of the suffering types of pain because animals with their brains sectioned above the mesencephalon to block any pain signals reaching the cerebrum still evince undeniable evidence of suffering when any part of the body is traumatized." (1996)

Each year approximately 80,000 dolphins and thousands of other marine mammals are snagged in fishing nets worldwide. Most die. (SCIENCE, 5/14/99)

Industrial fishing is depleting marine food webs, seriously damaging ocean ecosystems. (Overfishing Disrupts Entire Ecosystems, SCIENCE, v279, 2/6/98)

Wildlife and Grazing

THE U.S. DEPARTMENT OF WILDLIFE SERVICES and livestock producers kill wildlife to protect farm animals. Having eliminated wolves and grizzly bears (Cheeke, 1999), federal government hunters now kill about 100,000 coyotes, bobcats, feral hogs, bison, and mountain lions each year. They are shot, caught in steel-jaw leghold traps or neck nooses, and poisoned with cyanide. (WASHINGTON POST, 11/4/98)

Environmental Impacts

MORE THAN 70% OF U.S. GRAIN is fed to farmed animals. (USDA, *WORLD CEREALS USED FOR FEED*, 4/91) It takes almost 7 lbs. of corn and soy to produce 1 lb. of pork. (Cattle-Fax, *GRAIN UTILIZATION IN THE LIVESTOCK AND POULTRY INDUSTRIES*, 12/8/89)

Growing feed for industrial animal agriculture systems changes land use, harming biodiversity through habitat loss and ecosystem damage. (FAO of the U.N., www.fao.org,

LIVESTOCK & THE ENVIRONMENT, 1996) Improper grazing has caused extensive environmental damage and rangeland degradation in the Western U.S.; topsoil erosion is a serious problem in the U.S. and to a large extent is caused by the monoculture of corn and soybeans for the pig and chicken industries. (Cheeke, 1999)

Animal agriculture adds significantly to global warming. *SCIENTIFIC AMERICAN* (9/97) reported that growing feed for livestock requires intense use of synthetic fertilizer, releasing nitrous oxide – a far stronger greenhouse gas than CO₂. Producing feed and heating buildings that house animals uses fossil fuels, emitting CO₂; decomposition of liquid manure releases large amounts of methane into the atmosphere, as well as forming nitrous oxide (FAO, 1996).

Intensive pig farms have made the air unbreathable in many rural communities; some residents must wear masks while outdoors. (TIME, 11/30/98) Ammonia emissions from manure can settle on plants and soil, resulting in toxicity and biodiversity loss; manure can accumulate heavy metals, contaminating crops and increasing health risks; spreading manure on land can lead to nitrates in groundwater, posing health hazards. (FAO, 1996)

Poultry and pig waste has caused illness through the growth of pathogenic organisms in waterways. (Cheeke, 1999) *ANIMAL WASTE POLLUTION IN AMERICA: AN EMERGING PROBLEM*, released by Senator Tom Harkin (12/97), states from 1995 to 1997, animal waste in waterways killed over 11 million fish.

A HEALTHY WAY TO LIVE

According to the American Dietetic Association (ADA), the nation's authority on dietary matters, vegetarian diets are associated with a reduced risk for obesity, coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, and kidney disease. (ADA Position on Vegetarian Diets, J of ADA, v97 No. 11, 1997; available page 15)

Cancer Prevention

Vegetarians have lower death rates from colon and lung cancer. (*DIETITIAN'S GUIDE TO VEGETARIAN DIETS* (DG), 1996) Probable factors are:

- Vegetarian diets tend to be high in fiber.
- Plant foods are loaded with nutrients (like vitamin C, vitamin E, and carotenoids) that have been shown to inhibit cancer in a number of ways.
- Plants contain phytochemicals which have been shown to inhibit cancer cell and tumor growth directly. Phytochemicals are found only in plant foods.

A Diet with Heart

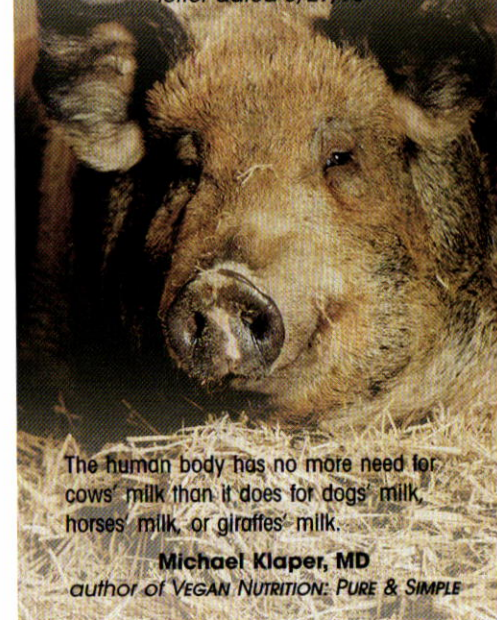
The risk for heart disease is linked to diets high in saturated fat, found mostly in animal and processed foods. Heart disease is much less common among vegetarian men, with vegans having the lowest risk of all. (DG, 1996)

Besides lower levels of saturated fat – and no cholesterol – plant foods contain antioxidants, which directly protect against fatty build-up in the arteries. (DG, 1996)



In every respect, vegans appear to enjoy equal or better health in comparison to both vegetarians and non-vegetarians.

T. Colin Campbell, PhD
Professor of Nutrition, Cornell University
letter dated 3/29/98



The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk.

Michael Klaper, MD
author of *VEGAN NUTRITION: PURE & SIMPLE*

Bone Health

Many factors affect bone health – including exercise, adequate calcium and vitamin D intake, high sodium intake, and smoking. Eating too much protein makes the blood more acidic, causing calcium to be leached from the bones and raising the risk for osteoporosis (*CALCIF TISSUE INT*, 1994;44:335). Vegan diets tend to be lower in protein, but since there are currently no studies on the calcium needs of vegans, it is advisable to meet the recommended intake.

Some calcium-rich plant foods, like calcium-set tofu and calcium-fortified soy milk, are also rich in isoflavones (found only in soyfoods) which may help to make bones stronger (*PERSPECTIVES IN NUTRITION*, 1999).

So, a serving of calcium-fortified soy milk – which contains just as much calcium as a glass of cow's milk – is an excellent choice.